

# S W N A S O U T H W E S T E R

ESTABLISHED 1964

A Monthly Non-Profit Publication of The Southwest Community Council, Inc.

SERVING THE ENTIRE SOUTHWEST/SOUTHEAST ANC 2D AREA

Partially Supported By the SW/SE ANC With District of Columbia Tax Revenues  
Staffed Entirely By Volunteers

MAY 1990

## CLUB #4 WINS 3 CITYWIDE BASKETBALL TITLES

Metropolitan Police Boys and Girls Club #4 brought home 3 out of 5 divisional basketball championships. The 16 and under boys team finished a successful undefeated 14-0 season.

Defeating Club #6 of Northwest D.C. 58-52 at Coolidge H.S., the team will proudly represent the District at the Police Athletic League tournament in New Jersey.

The boys 12 and under team and the girls team shared the spotlight as they defeated their respective opponents in championship games.

Preston Thomas and Jelani Johnson showed great leadership in directing the 12-under team to the 1989-90 city championship. The team started slow but matured into the league's best entering the playoffs. They beat Club #2 in their first test 69-61 before 300 fans and parents. Samuel Marbury and Adrian Wade played very strong on the boards while combining for 23 points.

Club #4 won by 8 points for the city title, avenging an earlier 1 point loss to Club #9. This team was better prepared and more aggressive on defense starting with their center, Antonio Gamble. "These players understood their assignments and performed very well," said coach A. E. Hudgens who has won 6 city and division championships in 9 years at Clubhouse #4. Other contributing players were Joey Simmins, Robert Hagood, Daquan Hooks, Marion Brown, Kenneth Brown, Ronald Horns and Demetrius Venable.

Club #4 girls basketball were not to be outdone by the boys. They defeated Club #11 southeast team 60-59 to become city champs.

Trophies will be awarded at the upcoming banquet.

attended from the  
to Club #4.  
THE



L. to R., Tenique Tucker—V.P. Student Council, Debbye Turner—Miss America, Robert Williams—Pres. Student Council, and April Jones, pose at Van Ness E.S.

## MISS AMERICA CHARMS VAN NESS E.S.

by Gilbert Leggett

Debbye Turner, reigning Miss America graced the auditorium of Van Ness E. S. recently. Thanks to the U.S. Dept. of Agriculture, Ms. Turner was the special guest speaker at the school during National Women's History Month in March.

Accompanied by First Lady of Agriculture Mrs. Jeanne Yeutter, students and faculty were honored by their presence. Principal Cassandra Butler expressed, "Our school is grateful to the USDA and Miss America for visiting our school. We wish Miss America much happiness as she represents America at home and abroad."

During the program student council member April Jones offered a special presentation. The excited students thanked Ms. Turner for the encouragement she had given

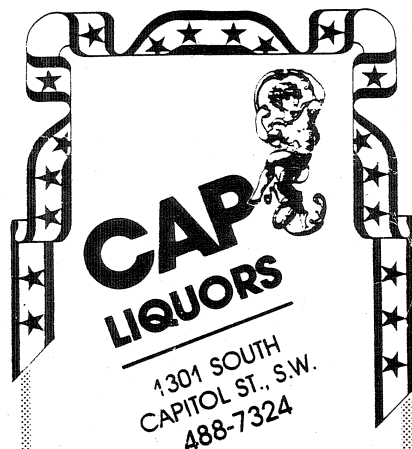
school news Ms. Butler accompanied grader Tara Johnson for in the city-wide Oratorical contest. Ms. Mae Williams was



Tara Johnson smiles about award.

especially proud of Tara's feat. Grades 1 thru 6 participated with schools throughout the city held at the Frederick Douglass Historical Center in southeast. Tara won a \$100 Savings Bond for her excerpts from Frederick Douglass' speech given here in Washington, D.C. in 1886.

cont. on page 2, see MISS AMERICA



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Shown in middle, 1st Lady of Agriculture Jeanne Yeutter chats with Van Ness principal Casandra Butler.

MISS AMERICA, cont. from page 1

Van Ness E.S. entered into a participating agreement with the USDA, Forest Service to develop environmental education activities.

Students participated in Earth Tech 90 recycling events in April on the Mall. They wrote and performed a song at the exhibit. Later students appeared on WETA Channel 26 as an encore. Many other activities are planned under this USDA cooperative agreement.

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## INSIDE THE SOUTHWESTER

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IN

## SWNA/ANC

### SWNA ELECTION RESULTS

The Southwest Neighborhood Assembly installed the newly elected officers Thursday night, March 29th. The new officers are

President—Margaret Feldman  
Vice President—Edgar Mead  
Secretary—LaNorma Huggins  
Treasurer—Lonnie Murray

#### Representatives

##### District 1

June Livingston  
Willie Lloyd Reeves

##### District 2

David Brewer  
Charles W. Hargrave  
Jeff Mason

##### District 3

Walter Brooks  
Capt. Lucia Rapley  
Loretta L. Reeves

##### District 4

Lavonna D. Johnson  
Emma Ward  
Judith Jones

Special thanks to Carole Early, Chairperson. Elections Committee; Barbara Ehrlich, Jann Buller, Pat Boggs, Phoebe Layton and the League of Women Voters, which included Grace Savage, Lois Lester, Mair Moody, Ruth Meyer, and Anne Weinberg.

### ANC NEWS

Acting Commissioner of Public Health George C. Benjamin, M.D., informed ANC-2D that there are no plans to close Authur Capper Neighborhood Health Center located in southeast.

Chief Issac Fulwood responded to a recent ANC letter by stating that personnel from the overtime program are being used in target areas throughout the southeast and southwest areas. The specific aim is to reduce the incidents of homicide and related violent crimes.

Roland Turpin, Director of the Dept. of Public and Assisted Housing answered a recent ANC inquiry for status report and information. Greenleaf Senior is scheduled for occupancy April 1, 1990. Renovation cost for this development is \$13,894,781.00 or \$64,627,000 per unit.

Carrollburg Dwelling, located at 1000 5th Street, S.E., is currently scheduled to reopen March 1, 1991. To date construction cost for this property is \$15,525,484.00 or \$49,444.00 per unit.

Correspondence from Ward 1 Councilmember Frank Smith regarding library closing assures ANC-2D office that all will be done to make certain each Ward is fairly represented with a public library.

### ANC 2-D MEETING

The next meeting of Advisory Neighborhood Commission 2-D will be Monday, May 14. Please call 554-1795 for location. All are welcome.



Newly elected SWNA Board members

### ASSEMBLY TO MEET AT KING-GREENLEAF WITH RECREATION DEPARTMENT APRIL 26 7 PM

A Mini-Town meeting of all Ward 2 residents is to be held on April 26th at 7 P.M. The Assembly has joined with the Recreation Department for this meeting to bring a discussion of recreation programs to the King Greenleaf Center. Speakers will be the Administrative Heads of the Divisions all centered at Randall Recreation Center under the direction of Mrs. Beverly Thomas, Ward 2 Manager. The current programs of the Recreation Department will be explained and there will be time for community questions and discussion.

This is a time to get all your questions answered and make your suggestions about recreation programs.

This meeting is the regular April meeting for the Assembly but will not be held at St. Matthews Church, the regular meeting place. Please note the change and time.

### WARD 2 COLLECTIVE VISION STATEMENT

Ward 2 knows what it wants and needs and willingly accepts the daily challenges to maintain its ideal state. Ward 2 is a wonderful place filled with hope; where rewards are gratifying and achievements are an ongoing process. Ward 2 provides a nurturing environment for the holistic development of its residents; by being economically stable, ecologically sound, physically appealing and spiritually filled.

Ward 2 residents are empowered to manage the design, planning and implementation of all its activities. There is a sense of trust, respect, and security between ethnic, gender, age and socioeconomic groups that allows all residents to actualize their maximum potential. It is a microcosm of a progressive D.C. In that it creates opportunities for optimal health by building upon the unique history, royal legacy, strengths, and creative energies of its people.

Concerned Citizens

### DRUG FREE FOURSOME PARADE

Syphax E.S., Bowen E.S., Amidon E.S. and Jefferson Jr. High will sponsor a parade May 4, 1990 at 12:30 p.m.

The scheduled event will begin at Syphax and end at Randle Playground (South Capitol and I Streets S.W.).

Activities at the playground will include speakers, cheerleaders and musical entertainment. Contact any of the participating schools for further information.

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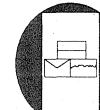
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## PEOPLE IN SOUTHWEST

### THROUGH THE EYES



#### LUCIA RAPLEY: LIVING TO CARE

by Sonte B. Ducote

Nestled in the heart of the southwest community resides Retired Army Nurse Lucia Rapley. Ms. Rapley has the distinctive honor of being one of the first Black nurses to be recruited by the military. Also the first Black nurse to practice at Washington's own Walter Reed Hospital.

Born in South Carolina and raised in New Brunswick, New Jersey, Ms. Rapley always had an interest in helping care for people. In 1930, Ms. Rapley came to Washington, D.C. to attend Howard University, where she studied nursing at Freedman's Hospital Training School. But, Ms. Rapley didn't limit herself to nursing. She was and still is a well-rounded, dynamic woman with interests in drama, journalism and civic activities.

In 1941 when Japan attacked Pearl Harbor, the United States Army began to recruit Black nurses. Ms. Rapley eagerly volunteered because she felt "it was an opportunity as a Howard graduate to practice her craft." In addition to working at Walter Reed, Ms. Rapley also practiced at Fort Wauchuca Hospital in Arizona. Fort Wauchuca was a segregated hospital.

Today, Ms. Rapley remains closely tied to the Army, paying frequent visits to Fort McNair. She looks back on her active duty days as a "beautiful" part of her life. She enjoyed seeing different countries and caring for the soldiers.

In 1984, Ms. Rapley was recognized for 20 years of outstanding service to the southwest community. Ms. Rapley continues her commitment to southwest as 3rd District Representative. We all should be proud of the vital role she has played in history and our community.

#### CHRIST CHURCH UNITED METHODIST

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9 A.M. Informal Service  
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David Taxson (shown in middle) shares info with volunteers.

#### DAVID TAXSON DOES GOOD DEED FOR THE HOMELESS

by Thelma D. Jones

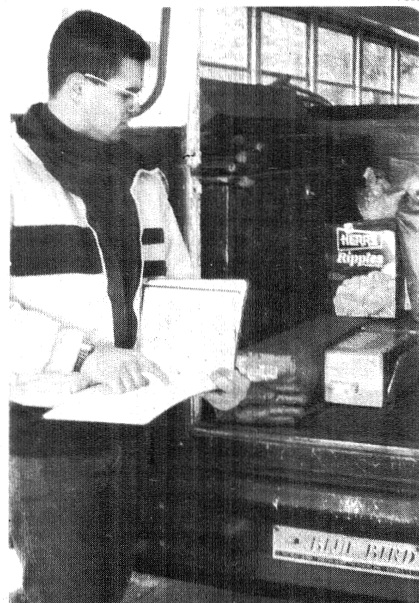
Undaunted by the low temperature and gusting winds, St. Augustine's member David Taxson, 17, led approximately 25 adults and children on a highly successful effort to feed the homeless. The effort was part of David's project to achieve his Eagle Scout Badge for Troop #1537, the highest honor in Boy Scouts.

The volunteers gathered in the undercroft of St. Augustine's Church to wrap and package sandwiches, fruits, desserts, and drinks for each homeless person to have enough food for two meals. The food was donated by church members, neighbors, and friends. They also wrapped toiletry kits, water protection ground covers for each homeless person. Afterwards, David assembled the group and shared some helpful hints on how to approach the homeless people. He suggested that "If they are asleep, don't wake them. Just leave the supplies outside their home. Seek their permission to enter. Talk to them; they may be able to tell you where other homeless people are."

With supplies in hand, the group set out on Boy Scout Troop #1537's purple bus. Each group of five (three adults and two children) was responsible for a specific area (areas included the State Department, Lafayette Square, MLK Library, and the Whitehurst Freeway). It was estimated that approximately 100 homeless people benefited from David's effort.

David's deed not only helped the homeless but it also helped educate the volunteers on the plight of the homeless. Nancy Taxson, David's mother and St. A's music director, remarked that she had "a whole new perspective on the homeless and what it was like to be homeless."

We offer salute to David, Rev. Parke Street and the members of St. A's church. Neighbors and friends helped to make the project a great success. Also, special thanks go to the Center for Creative Non-Violence and Luther Place for the helpful information they provided to David on the homeless in preparation of this project.



David Taxson takes inventory.

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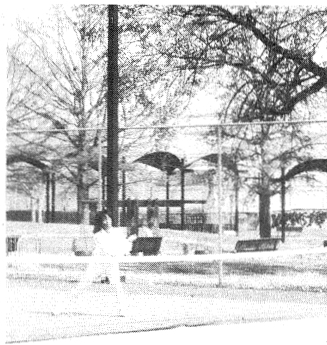


# INSIDE SOUTHWEST

## SOUTHWEST PHOTO ESSAY



Amidon Young Inventors



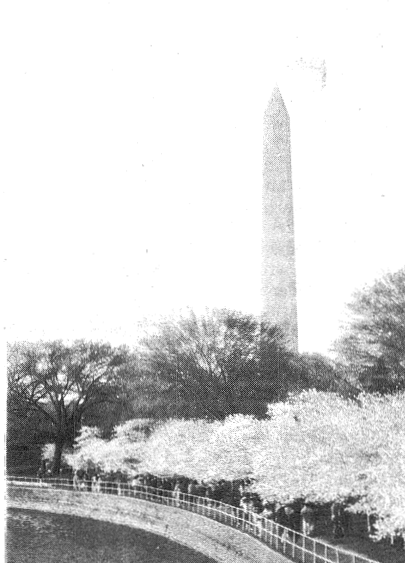
Volley by Toni.



S.W. youth attend Harlem Dance Theater performance.



Teddy does backhand.



Cherry Blossoms under the Monument.



Kite flying on the Mall.



Boats at the marina



What a frisbee catch!



Malik DuCote says ... Be Happy!!

**Smile...**  
**You're Next!**

## COMMUNITY

## FRIENDSHIP HOUSE ASSOC. TO HOST 27th ANNUAL MARKET DAY FESTIVAL

Friendship House Association, the oldest social service agency in Washington, D.C., will host its 27th annual Market Day Street Festival on Sunday May 6th, 1990, from 11:00 a.m. to 6:00 p.m. (rain date—Sunday, May 20, 1990).

The festival, which helps raise money for the programs and services of Friendship House, will be held in front of Eastern Market on 7th Street between North Carolina and Pennsylvania Avenues, S.E.

The festivities will include a myriad of booths selling unique arts, crafts and jewelry. There will be games for the kids, food, music and lots of fun for everyone. Admission to Market Day is free. The festival can be reached by the orange or blue metro lines at the Eastern Market station.

Friendship House is a non-profit organization that has been providing goods and services to low-income residents of Washington, D.C. for 86 years to help individuals become socially and economically self-reliant. For more information, please call 675-9050.

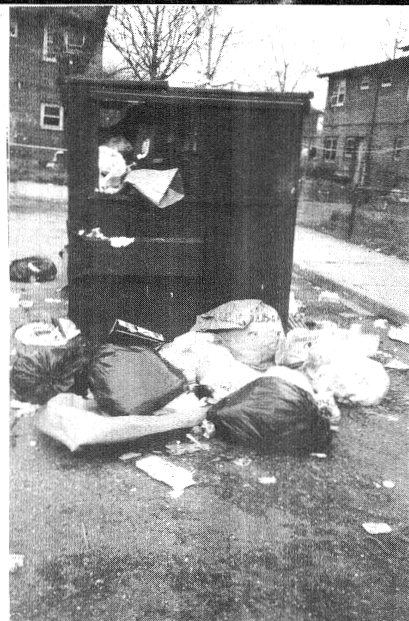
## SOUTHWEST MEETS SOUTHEAST

Students of Amidon School recently met with residents of the Greater Southeast Center for the Aging. Seventeen students ranging in ages 6 to 11 visited the Center along with Juanita Davis, Guidance Counselor and Pat Turner, Center for the Aging Board.

The Health Care Institute, owned by the Greater Southeast Center for the Aging, is a 180-bed facility (Nursing Home) that provides skilled and intermediate care for its residents. The "Intergenerational Program," an idea instituted by Ms. Turner, is an initiative that portrays the extended family concept. It's all part of a community outreach effort to bring together our younger generation and older generation. They can communicate, share warmth, caring, attention, love, and respect. In today's society so much of this is missing. The rationale for the students' visit to the Center focused on the need for returning to the extended family concept.

Gloria Anderson, President of the Greater Southeast Community Center for the Aging, Pauline Hamlette, Principal of Amidon School along with the support and planning of Ms. Davis, were responsible for coordinating an interesting and informative program. Greeted warmly by the residents, students were given an orientation and tour of the facility by Karin Vecchione, Director of Therapeutic Recreation.

The theme for the day was "Friends" and a poem was written by the students dedicated to the residents of the Center. Time was spent exchanging ideas, sharing cultural events, and planning future visits to the Center. The oldest resident, Mrs. Beverly (103 years old) signed autographs and talked about some of her experiences in Washington. Alberta Mackin gave greetings in Spanish and Mr. Washington (a paraplegic) demonstrated his agility. Yvette Gilliard, Physical Therapist, demonstrated the usage of the "Balance Ball" and other rehabilitation procedures and devices.



Residents complain about garbage at Greenleaf Annex.

## GREENLEAF ANNEX YOUTH COUNCIL

Many Greenleaf Annex tenants are angry at the support services being rendered on the property. Block captains have complained about deserted cars, trash around all the large cans, needed repairs in most of the units and not having a permanent property manager. Greenleaf has had over 5 different managers in the last 2 years.

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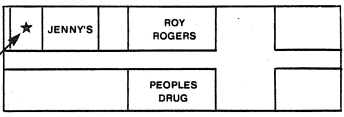
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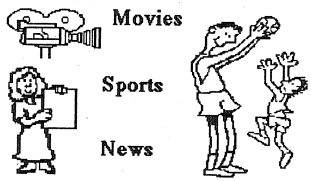
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## SCHOOLS

## WILSON HIGH CAPTURES 4 FIRSTS IN CITY SCIENCE FAIR

### Jefferson Jr. H. Leads Jr. Highs

Of the 12 scientific categories in the city-wide D.C. science fair, Wilson High School students won first place in four—Behavioral Sciences, Biochemistry, Engineering and Mathematics. Gonzaga and Roosevelt High each had two first place winners.

Wilson High sophomore Tiffany Williams won a special award from the American Institute of Mining and Metallurgy Engineers at the citywide science fair. She also won Honorable Mention at the fair and earlier placed second in her category at the Wilson High science fair.

Her project was named "From Bauxite to Aluminum" and described the process of making aluminum.

Jefferson Jr. students won first place in Computers and second place in Mathematics and in Medicine and Health. Jefferson students won six awards altogether, compared with two each for Deal Jr. High, Francis Jr. High, and Kramer Jr. High.

In other Wilson H.S. news, Southwest's Malonda Richard introduced the keynote speaker, former Congressman Parren J. Mitchell, at Wilson High's Black History Month program.

She also gave information on important contributions of blacks in the early history of the Mid-east.



Syphax students plays with Duke.

## SYPHAX SAYS NO

On Tuesday March 27th, Army Sergeant William Dorr, from Fort Myer Canine Corps, and his dog, Duke, demonstrated techniques used by military dogs to sniff and locate narcotics. Two fifth grade Syphax students, Toron Owens and Shacola Nickens, participated in the demonstration by hiding a packet of marijuana on stage. Duke found both hiding places very quickly.

Students were enthusiastic and asked questions about "cooking the brain." When asked what they had learned, the children's responses indicated that they understood the message.

"If you want to live, don't do drugs."

"You can't hide drugs from dogs."

"Drugs will destroy your life."

## CONGRATULATIONS



Jefferson Jr. High Math Counts Team.



Amidon Science Fair winners, front row, L. to R., Angela Terry, 1st place, Day Abedje, 2nd place, Teddy Clark, 3rd place.

## JEFFERSON JUNIOR HIGH SCHOOL HONORS SCIENCE FAIR WINNERS

Jefferson Junior High School honored its student winners in recent Science Fair competitions at the city and local school levels.

Guest speaker at the awards program was Federal Communications Commissioner Andrew Barrett. In congratulating the students, Barrett encouraged them to continue their interest in science in school and in making career plans.

One of Jefferson's corporate neighbors in Southwest D.C., COMSAT Corporation, last fall committed \$1.1 million—as well as employee volunteer support—to strengthening the school's science and math programs over a 5-year period.

The potential of the Jefferson-COMSAT alliance was demonstrated during this year's Science Fair. COMSAT volunteers helped a number of students clarify the problem to be solved in their projects and provided direction in putting together experiments.

Through purchases of science laboratory equipment and computers as well as mentoring and volunteer activities, COMSAT is helping provide Jefferson the resources to become a school of distinction in science and math education.

In the District's annual citywide Science Fair held March 16 and 17, Jefferson students took 51 awards, their best showing in the school's six-year history of competing. At the junior high level, six Jefferson students captured first place positions: Kristal O'Bryant in behavioral and social studies, Erica Jackson in botany, Aminah Benjamin in computers, Jonas Strickland in engineering, Krishna Rampersaud in environmental science and Lien Lee in physics.

In the senior high competition, 9th grader Dawn Warren won first place in the computer category, thus qualifying to compete with other first place winners, mostly high school seniors, for the grand prize. Jefferson 9th graders Crystal Adair and DaVenna White placed second in mathematics and medicine and Health, respectively. And for their work in the engineering category, 9th graders Miya Gray and Dorian Baucum won first and second places, respectively, in judging by the American Society of Civil Engineers.

Honored for winning Best of the Fair awards at Jefferson were 7th grader Ralph Featherstone, 8th graders Lien-Juin Lee and Wan Li and 9th grader Miya Gray.

Over the years, Jefferson's traditionally strong performance in science fair competitions has earned its science program wide respect. It is the only DC public junior high school that annually requires each of its students to prepare a science fair project.

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## EDITORIAL

## LETTERS TO THE EDITOR

Congratulations on the attractive, exciting and informative recent issue of *The Southwester*. The bright type and illustrations of the front page reached out to me, inviting me to sample what was in store inside. The articles and special features I found there were interesting and enlightening. I'm already looking forward to the next issue.

Albert Rosen

## ASK MARION

[This column is designed to improve family harmony. It will focus on helping parents and children better understand and communicate with each other. Questions may be addressed to Dr. Marion Rosen, c/o *The Southwester*.]

**Q.** I am a single parent, mother of three children, ages 7, 9 and 12. I get them up to go to school every morning and see to it that they have a good breakfast. But I am not at home for at least two hours after they return and they are alone during that time. I feel guilty and worried much of the time. What can I do?

**A.** I can certainly understand your worry, especially in the times we are living through today. But I feel sure that you have taught them to keep their doors locked, not to open them to strangers and to phone you as soon as they return from school.

Prepare a snack for them to have right after school. Make it something nutritious, like fresh fruit or carrot sticks, cheese and crackers, or a glass of milk with some graham crackers. That should satisfy them until dinner time.

Then, if they are in the habit of changing into play clothes, they can do that and begin to do their homework. About one-half hour can be devoted to that. And if there are any household chores that need to be done, about another fifteen to thirty minutes can be spent on them. By this time the clock will tell them that mother will soon be home and they can turn on the TV for some relaxation time.

By the time you have arrived the table can have been set for dinner and you can take five to ten minutes for some pleasant talk with each child, separately. This can be the beginning of a warm and close relationship which will benefit all of you as you build family cooperation and family unity.

The best way to assure yourselves that chores are fairly and evenly distributed is to have regular, weekly family meetings. Many other benefits come from these meetings, too. For example, each member of the family takes his/her turn as the leader. The leader learns to be a good listener, setting the model for all the others to do the same.

The first order of business can be what we each appreciate in the others. What nice thing did some or all of them do for the family? Do you see how encouraging that can be, not only to the children, but for mother as well? Some time for planning to have fun as a family also should be built into every meeting. These fun times make good memories, many of which will last for a lifetime.

## QUESTION OF THE MONTH

What are you going to do when Spring arrives this year?



**Greg Reynolds**  
*Go down under the trees, take off my clothes and soak up the vibes.*



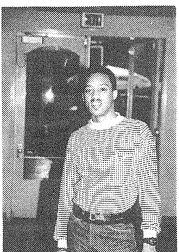
**Anna Larson**  
*Go outside and celebrate.*



**Tony Sims**  
*Lift weights, swim and play basketball.*



**Jo Hodgins**  
*Ride to work on bicycles on earth day.*



**Charles Shamwell**  
*Get some sunglasses, open my eyes and enjoy the weather with my children.*



**Yvette Kraft**  
*Work with children and teach art.*



**Lyn Dyson**  
*Work with youth in radio production.*

HELP

THE

HOMELESS

The meeting is the time for choosing chores. If they are rotated weekly and if everyone has an equal turn for doing them, there is very little cause for complaint. A good way to distribute these jobs is to have them on small cards, one job to a card. For the first few rounds, each person can choose which ones he would like to do that week. When it comes to the unpopular ones (cleaning the bathroom) it is easy to see that since there are four of you, once in four weeks is not so terrible. And, yes, mother, you set a very good example of family cooperation and equality if you would take on one or two of these jobs.

Part of the discussion at the meeting, however, could be that Mom might be excused from taking on more than one or two of the jobs, since she has been working all day at her regular job, mainly to make it possible for the children to live the best kind of life that they can.

Knowing that you are doing your best for your children, providing them a home and good food, good character building and respect for themselves and their education, should help you to see that you do not deserve to "guilt" yourself. So, give up the guilt. Children are very resilient and resourceful. And given your good training, they will grow up to be fine adults.

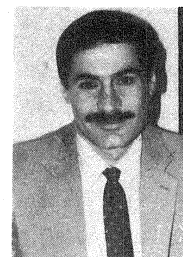
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Erica Fowler  
Ricardo Harrington  
Tomiko Landers  
Calvin Reaves  
Tanique Thompson  
Togo Toney

## 9-012

Dona Givens  
Sherrie Thomas  
Yolando Williams

## 9-100

Takhia Massey  
Mayesha Moore  
Kisha Poole  
Nichole Reid  
Donnita Smith  
Racquel Stone  
Orlando Williams

## 9-220

Linadria Brooks  
Roselyn Cardoza  
Renee Richmond  
Dennis Soriano

## 9-104

Felicia Ball  
Damika Evans  
Da' Mali Goings  
Neal Walton

## 9-205

Rhea Walker  
Daveena White

## 9-307

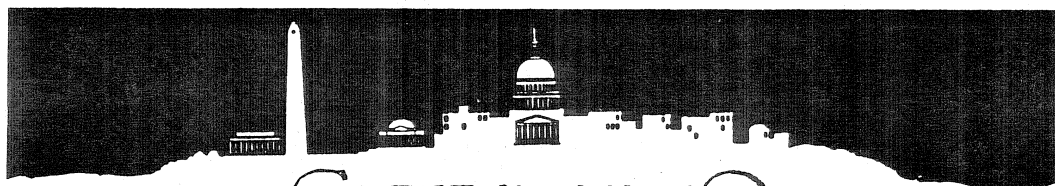
Pia McQueen  
Michelle Neal  
Shameka Price  
Tameka Quarles  
Paul Simmons  
Moise Xavier

## 9-306

Dorian Baucum  
Taren Bradley  
Nikia Brocks  
Katina Cousar  
Melanie Davis  
Carolyn Exum  
Miya Gray  
Bryn Phillips  
Tosha Purcell  
Jacqueline Ramson  
Yvette Ross  
Gary Smith  
Dawn Warren  
Anika Wilson

## 9-212

Aisha Mgaza  
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Margaret Sellers  
Sherri Wheeler  
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## FITNESS AFTER FIFTY!

As you age, your body doesn't have to become weak, frail and depleted of energy. According to Richard Bohannon, M.D. and founder of the American Running and Fitness Association (age 82 and a regular runner), "Many of the stereotypical symptoms of aging stem from not having a positive attitude, not eating properly and not exercising enough... Since you have considerable control over how you treat your body, staying fit depends in large part upon you!"

Scientists are finding that your body ages faster when you don't exercise. Young male athletes lose 30 percent of their fitness level after just three weeks of forced bed rest, indicates Herbert A. DeVries, Ph.D. If three weeks can do so much damage to these young athletes, just imagine what a lifetime of sitting in your easy chair can do!

If you exercise regularly, you will reduce your body's aging process. One can, for example, form new bone tissue. As we age, our bodies store of calcium is slowly depleted, especially in non-exercising post-menopausal women and in sedentary men with low calcium levels. Weight-bearing exercises, such as walking, can help bones become stronger and less susceptible to injury, says Susan Kalish, AR&FA executive director.

Exercise also helps people maintain their sense of balance and agility, thus reducing risk of injury from a fall. It also makes the heart and muscles stronger and the body more flexible. It also often keeps arthritis from progressing and can sometimes control life-threatening problems like diabetes and high blood pressure.

A few tips for exercise programs for our older neighbors:

1. Choose one or more activities that you enjoy.
2. A complete physical exam is crucial (including a stress test) before starting an exercise program.
3. Warming up and stretching to cool down should never be skipped. It helps to prevent injuries.
4. Start your exercise program slowly!
5. Certain exercises are less stressful than others. Walking is often a better alternative to running if you have not been exercising.
6. For all-around fitness, an aerobic exercise (for lungs and the cardiovascular system) is best for 20 to 30 minutes, but also find other healthful, enjoyable activities to complement your aerobic program.

Leading a fit and healthy lifestyle helps at any age!

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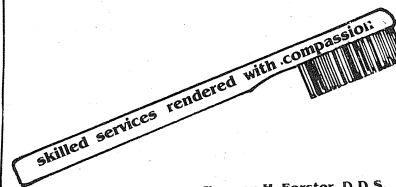
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# WORLD PEACE THROUGH WORLD LAW

## An Idea Whose Time Is Coming!

World Federalists congratulate the Foreign Ministers of the Non-aligned Movement for initiating a United Nations resolution declaring 1990-1999 "the U.N. Decade of International Law" to promote respect for the principles of international law.

World Federalists applaud the fourteen Caribbean nations for their enlightened initiative in calling upon the United Nations to create a World Criminal Court for International drug traffickers.

World Federalists congratulate the leaders of Canada, France, Norway, West Germany and twenty other nations for advocating "new United Nations institutional authority" to protect the earth's atmosphere.

World Federalists applaud the leaders of Argentina, Greece, India, Mexico, Sweden and Tanzania for urging the creation of an International Arms Control Verification System within the United Nations.

World Federalists commend the United States and the Soviet Union for pledging for the first time in decades to work together for peace through the U.N. Security Council and for agreeing to submit disputes over certain treaties to the World Court.



The Global Village is here. International drug trafficking, destruction of the atmosphere and the arms race cannot be solved by nations acting alone. Seizing drug traffickers abroad and bringing them here for trial is not the answer; an International Criminal Court is.

As our president, Norman Cousins, recently wrote, "A world that has become a single geographic unit is now groping its way, however slowly, toward global institutions as the only way of achieving common safety and common progress... A new world is waiting to be born."



The courageous peoples of Eastern Europe have proven that the world can be changed. The cold war is over; the iron curtain has been raised.

The time for world federalism is approaching. Support the World Federalist Association and help bring about a more peaceful, prosperous and healthy planet.

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This message was paid for by members of the World Federalist Association in honor of their president, Norman Cousins.

## ARTS

## U.S. COAST GUARD BAND TO PERFORM BICENTENNIAL CONCERT

In a gala performance seldom heard in Washington, the United States Coast Guard Band will fill the Kennedy Center Concert Hall with a unique blend of classical, patriotic, and contemporary music, Sunday, **May 27, 1990**. The nation's oldest continuous seagoing service is celebrating its Bicentennial this year.

Washington radio personality Felix Grant, a World War II Coast Guard veteran, will narrate the concert. Selections from Duke Ellington, Aaron Copland, and John Philip Sousa, as well as pieces composed by the band's 14-year director Lieutenant Commander Lewis J. Buckley, will be featured.

The United States Coast Guard Band was organized in 1925 through a collective effort by U.S. Navy Band Leader Lieutenant Charles Benter, New York Philharmonic Orchestra Conductor Dr. Walter Damarosch, and the former director of the U.S. Marine Band, the renowned John Philip Sousa. The band began as an 18-member unit composed to meet the needs of the United States Coast Guard Academy. Over the next 30 years, the band expanded to its present 44 members. In September 1965, President Lyndon B. Johnson, by a special Act of Congress, named the organization as the permanent official musical representative of the United States Coast Guard.

In addition to formal concerts, the Band demonstrates its versatility through participation in hundreds of parades and military ceremonies. It has also formed many smaller specialty groups such as the Brass and Woodwind Quintets, and the Dixieland Jazz Band.

The Coast Guard Band has recorded 14 albums since 1975, and presents indoor and outdoor concert series at the United States Coast Guard Academy in New London, Connecticut, where the band is based. The Band provides programs to the National Public Radio network for broadcast throughout the United States, and maintains a heavy tour schedule across the nation.

The Band's overall sound is quite diversified. It successfully mixes Jazz, military marches, Broadway showtunes, rock, and light classics.

Reserved seat tickets for this FREE concert may be obtained by writing to: USCG Bicentennial Concert, 655 15th St. NW, Washington, DC 20005, or call: (202) 639-4909. Unclaimed tickets will be available for open seating at 8:15 p.m. on the evening of the concert.

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## ARENA STAGE'S RIVETING SIGNATURE SERIES

by Mary France Gordon

Arena Stage presented its final Signature Series of the season, "The Price of Fame: African Americans in Musical Theater." The lively forum held in conjunction with its current production, "Merrily We Roll Along," focused on the images of the African Americans in theater, film, television and other art forms. Panelists highlighted their personal experiences in theater and arts production while exploring the differences and interpretations of nontraditional casting. That is, the use of actors of varied ethnic backgrounds portraying leading characters in productions for which they are not generally considered.

Alexine Jackson, host and member of both the Washington Performing Arts Society Board and Arena's Community Outreach Committee, suggested that we explore one aspect of musical theater—the role of the minstrels (actors) in the past and how audiences respond to such types of characterizations today. Do these historical roles cause us to think of negative stereotypes?

Panelist Beverly Cosham, musical performer, spoke of her experiences in casting and auditioning for musical parts. She urged the importance of preparation for African Americans and other racial groups for roles in theater. Steve Washington, cast member in "Merrily We Roll Along," shared his views on nontraditional casting. D. Antoinette Handy, director of the Music Program, National Endowment for the Arts, spoke of her early preparatory experiences in symphony music and stated, "Until we are at the table, in the world of the arts, as a part of the decision-making process, nothing will change."

Annette K. Miller, Arena's community outreach associate, eloquently summarized her experiences and stated, "Arena Stage has long recognized the importance of fighting the stereotypical perceptions of ethnic groups in its casting. Presentation of plays reflects the interests of a culturally diverse audience." Members of the audience and panelists applauded Miller for her excellent approach and manner in conveying the theme of the series.

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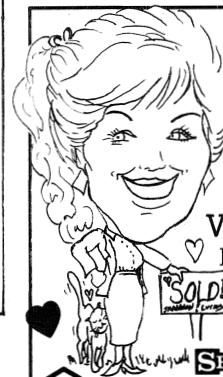
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Capitol Woodwind Quintet

## CAPITOL WOODWIND QUINTET PERFORMS

The Capitol Woodwind Quintet will present its final two concerts of the season at Temple Micah/St. Augustine's Church at 6th and M Street Southwest.

The concert on **April 29** is titled "Something Borrowed, Something Blue" and will feature guest percussionist Charles Wilkinson in the Washington premiere of William Schuman's "Dances" for quintet and percussion. Other works on the program are by Johann Strauss, Gunther Schuller, and Mozart.

Charles Wilkinson is a two-time winner of the Cleveland Institute of Music's Concerto Competition. He has been Assistant Principal Tympanist and Percussionist with the National Symphony Orchestra since 1979, and was a featured NSO soloist in 1988. Mr. Wilkinson is also a member of the Chamber Solists of Washington and has recorded two compact discs with this ensemble on the Newport Classics label.

Members of the quintet are Alice Weinreb, flute; Kathleen Golding, oboe; Lora Ferguson, clarinet; Truman Harris, bassoon; and Laurel Bennert Ohlson, horn.

"Fun in the Sun" is the title of the **June 10** concert, with works by South American composers Villa-Lobos and Ginastera as well as Truman Harris' transcription of the Overture to "The Barber of Seville" by Rossini.

Both concerts are at 5:00 p.m.

For further information, call 360-9243.

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April 29, 1990

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## ASTOR'S CORNER

"Stories Heard Now and Then"

by Rev. Jeanne E. MacKenzie

Westminster Presbyterian Church

of the pleasures of being a minister in a congregation in Southwest is to hear what it was like living in the "Old Southwest". I think about the lumber yard on the other side of the tracks to the west of Ninth Street. I think about what it was like to sit in the dentist's chair on Seventh Street, watching the funeral procession of a neighbor at the church across the street. These memories give a sense of the history of this place with which we live. Young people today might envy the children of an earlier generation who loved to roam over and play games in the pirate ship dugout canoe in the yard of the Smithsons. Before office buildings separated homes from the public area, the mall and Smithsons' yard were like a big front yard to Southwesters. Then, as now, Mariner Scouts built boats and were coached in seamanship because the river formed a wonderful "back yard" for this community. People without much money found ways to help their neighbors. Such memories evoke images of a small town in the midst of this capital city.

However, when I talk to long time Washington residents who lived in other parts of this city in years past, they often remark that Old Southwest was not a pleasant place to live. That is definitely not the story I hear from people who actually lived in this neighborhood. What I hear is that Southwest was a community of hard working people who cared about each other, and who, as they struggled to make a living, acted as good neighbors to each other. Numerous times I've heard people say that a young person thought twice about getting into mischief because they knew the local police, or someone else, would be sure to let their family know before night time. And that meant there would be music to face!

In the old neighborhood, locally owned stores and businesses provided a network of communications and interdependence that we miss today. Certainly, the Safeway is a place where we meet and greet neighbors. But I believe, it is the other organizations in Southwest which provide the vital network of caring these days. Our numerous citizen's groups all play their role in making this neighborhood a caring community for young and old alike. Groups which work with youth do their part to help our young people hear another story different from the familiar media message that Washington is the "crime capital of the east". The people in these organizations are the ones who are creating the stories of today that will be passed on to tomorrow's generations.

This community contains many circles—both organized and informal. People in these circles are creating the caring network that makes Southwest a good place to live today. If you are active in a community group, where you live, or, in the larger community, you are contributing to the stories to be told in the future. Your circle connects you to your neighbors and helps you to feel like you belong. Think for a moment how that circle might be widened to include other neighbors who might become friends. Make it your business to expand your circle of caring so that the stories which will be told in the future tell of a community which cares. It takes effort in a city such as ours to create community and caring.



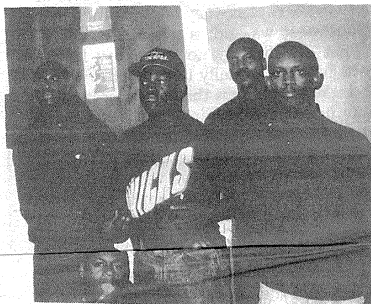
## DENVER NUGGETS SCORE AT JEFFERSON JR. HIGH

by LaRue Graves

The Denver Nuggets basketball team along with Federal drug czar William Bennett, President of Comsat Irving Goldstein, President of Comsat Video Entertainment, owner of WKYS-FM Bertram Lee address an eager and perceptive student body.

Star Nugget forward Alex English spoke assuringly, "The message any professional athlete would like to leave is that it's very important that you have direction and stay on the right path." Reflecting on an incident where a best friend addicted to cocaine was murdered trying to rob a drug dealer, English continued, "It is very important that you get your education. I can go anywhere in the universe because of my ability to read and understand."

Bertram Lee who is part owner of the Nuggets franchise proclaimed, "WKYS radio station will join with Comsat and the Nuggets in making Jefferson a special place!"



Capper Spartans football team.

## CAPPER RECREATION CENTER FOOTBALL TEAM WINS 3RD CITY CHAMPIONSHIP

The Capper Spartans, ages 16 to 18 men's football team, had an undefeated season and won its third city championship.

In the first playoffs, they beat Ward 6 56-13. In the championship game at Randall field, they brought Ward 2 the city championship by defeating Ward 5 16-14 in double overtime.

This same group of young men recently represented Ward 2 in the citywide basketball tournament, bowing to Ward 6 Rebels 69-62. Ruben Miller scored 31 points, 6 assists, and 6 rebounds. (He is heading for college in the fall.) Kevin Keels had an outstanding year as a small center, strong on rebounding. George Allen had an outstanding year as point guard and showed great leadership.

Coach Andrews says the neighborhood is very proud of this group of outstanding athletes, who have competed together since age 12.

The Anthony Bowen Elementary School Basketball Team completed its second consecutive undefeated season.

Coach Melvin Mayo stressed sound fundamentals, pressing defense and an unselfish offense. Bowen has cruised to victories over Syphax, Amidon and Giddings by an average margin of 15 points.

This season's leading scorers and rebounders included: Preston Thomas, Sam Marbury, Robert Hagood, Anthony Head and Antonio Gamble. Mr. Edward Wells is the Principal.

### TALENT SHOW

Club #4 Annual Talent Show will be held May 4, 1990, at 7:00 P.M. All contestants can get applications at the clubhouse before 9:00 P.M. every day. An old-fashioned house party will be held following the talent show.

1st Prize—\$100.00

2nd Prize—\$75.00

3rd Prize—\$50.00

*John*  
**Mandis**  
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### BASEBALL

The Metropolitan Police Boys And Girls Club #4 has begun its 12-under Little League and Teeball season, with teams practicing every day. All practices begin at 4:30 and end before 6:30 P.M. All new members are asked to sign up at the clubhouse.

### 1989-90 AWARD CEREMONY

The 1989-90 Awards banquet will be held May 16, 1990, at clubhouse #4 (rear) Anthony Bowen Elementary School. All members and parents are invited. The banquet will begin at 6:30 P.M. with the presentation of 200 or more awards to members, parents and community supporters.

## CLUB #4 FOR SUMMER JOBS

S.W. youth age 14 to 21 will get free rides to sign up for summer jobs. Between 3:15 and 4:30 pm, rides will leave Club #4 behind Bowen School (201 M St. S.W.) and go to the D.C. Employment Office at 500 C St. N.W.

Spring hours at Club #4 are: Mon-Fri 3:45 pm to 9 pm; Sat. 8 am to 4 pm

Volunteers are needed. Please call Officer Parry or Mr. Hudgens 727-4618 if you want more information about helping out.

Upcoming programs at Club #4 include softball, volleyball, 3-on-3 basketball tournament, and daily table games.

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## FEDERAL/LOCAL

## SOUTHEASTERN UNIVERSITY ALUMNI AND VETERANS

In order to update alumni files, Southeastern University is seeking the names and addresses of alumni who have not been in contact with the university in recent years.

If you are a Southeastern University graduate, please contact the university's alumni office by writing to Alumni Office, Southeastern University, 501 "Eye" St., S.W., Washington, D.C. 20024. Or, you can call 488-8162.

Southeastern University recently signed up or the Army's Concurrent Admissions Program (ConAP), a program which has a goal to increase the enrollment of veterans in college.

Southeastern University, a private institution specializing in education since 1879, believes that servicemembers who want to further their education will find Southeastern quite attractive. With evening and weekend classes available, military members can arrange to take classes to fit into their schedules.

"Our classes are scheduled for people who cannot attend during the business day," said N. Robert Higgins, president of the university. "With this arrangement, servicemembers who need to be on duty during the day can still gain their college education."

The ConAP program began this academic year in the District of Columbia and 11 states. It is expected to expand during the spring to include nine more states and Puerto Rico.

In the ConAP program, new soldiers are re-enrolled in a college concurrent with their enlistment in the Army.

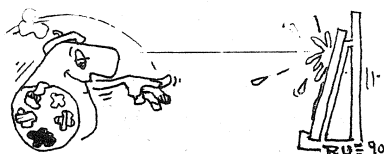
Institutions participating in the program must be members of Servicemembers Opportunity Colleges (SOC). SOC is a consortium of more than 650 colleges and universities, 13 national higher education associations, and the military service. Its goal is to expand and improve postsecondary educational opportunities for military personnel and veterans.

"Even though the military services face a reduction in numbers over the next few years, we believe that colleges will play an even more significant role in the education of servicemembers in a force that will have to be smaller but smarter," wrote Steve Kime, director of SOC in a letter to Higgins.

"Your institution's membership affirms our commitment to fair, equitable, and effective policies and practices that recognize and deal with the special conditions faced by military students who want to obtain a college education," Kime also wrote.

Southeastern University offers associate's, bachelor's and master's degrees in business-related fields. Such areas include accounting, banking, business management, computer information systems, finance, marketing, public administration and taxation.

Interested servicemembers are asked to contact Southeastern University's Admissions Office at 202/C-O-L-L-E-G-E.



## HOTLINE TO EASE COMMUTE DURING FREEWAY CONSTRUCTION

Motorists driving across Washington via the Southeast/Southwest (SE/SW) Freeway will find new construction along their route beginning **April 21, 1990**, and throughout the next two years.

The SE/SW Freeway, originally built in the late 1960s, has suffered much deterioration over the last 20 years. Every day, approximately 150,000 drivers use the nearly three-mile-long road. Planned improvements include reconstruction, new lighting and directional signs, modern median barriers and better ramp alignments.

In an effort to assist motorists, AAA Potomac has implemented a hotline providing new construction, lane closures and alternate routes. By calling AAA-SESW (222-7379), commuters can get an up-to-date recorded message on areas affected by construction. The information will be updated regularly by the Department of Public Works as construction continues.

The work zone extends from 2nd Street, S.E., to 9th Street, S.W., and includes several approach ramps. Two of these ramps provide connections to and from South Capitol Street.

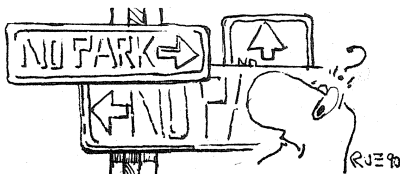
## WASHINGTON GAS EMPLOYEES RECYCLE 13 TONS OF PAPER

Since last November, employees at the Washington Gas headquarters building in Washington, D.C., have separated more than 13 tons of paper for recycling, the equivalent of 206 cubic yards of landfill space.

"I like to think of it as saving trees," said Norman Kerber, Building Foreman and coordinator for the company's recycling program, which began in November. "We've saved about 221 trees in just three months. And it wasn't hard to do. It was just a matter of employees breaking their old habit of dumping everything into the trash," he said.

Under the District of Columbia's new recycling law, the gas company requires employees to separate all office paper, computer printout paper and newspapers for recycling. Although recycling will not be required in Virginia until 1991, the gas company has already started a pilot program at its Springfield Operations Center. The gas company also plans to start a program shortly at its Calverton facility in Maryland.

Washington Gas serves 649,000 customer meters in the greater Washington area through its three divisions—District of Columbia Natural Gas, Maryland Natural Gas and Northern Virginia Natural Gas.



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## SWNA ANNUAL MEETING

Assembly meetings this year covered a variety of topics of concern to the community. The April meeting was devoted to learning about community agencies. May was the kick-off for our Crime and Drug Task Force. The Assembly meeting for May was a joint meeting with the ANC on housing problems. September was a joint meeting with the Crime and Drug Task Force with Chief Fulwood of the D.C. Police. Housing and how to buy your own home was the topic for the October and November meetings. January brought a speaker telling us how to repair our credit to buy a home or start a business. February was the Black History program at Jefferson Junior High.

Reports on the task forces were given by their chairs or their representatives: Beryl Rice, newly elected chair of the Youth Activities Task Force; Fancine Vinson, chair of the Scholarship Task Force; Yvonne Price for Crime and Drug Task Force; Rick Leggett, new editor of the Southwester, and Thelma Jones, chair of the Black History Program.

The Treasurer, Lonny Murray, gave the treasurer's report.

The last item of business was discussion of the Community Council. John Curran, the last president of the Council, explained that the Council is the non-profit organization which handles the money for the Assembly and task forces. New members were nominated by the board of the Assembly and from the floor. It was decided that the election of officers for the Council would be held at the next Assembly board meeting, April 5th.

At the April 5th meeting, the following officers were elected: President, C.W. Hargraves, 1st Vice President, Margaret Feldman; 2nd Vice President, Gottlieb Simon; Secretary, Dale McIver; Treasurer, Jean Macdonald.

The Assembly meets on the last Thursday of each month except for December and the summer months. All residents of Southwest 18 years of age and over are members. Board meetings are held on the first Thursday. There are openings on the task forces for enthusiastic community volunteers.

### WHEN I GROW UP

When I grow up I'm going to be  
A worthwhile member of society.  
I'm going to take my place among  
Those persons who are good and strong.  
I'm going to make my dreams come true  
And share my knowledge with people like  
you.

What can I do now to help myself?  
I've thought, and thought, and thought.  
I think I'll begin by staying in school  
And doing as I ought  
I'll start today to listen  
To the things I'm being taught at school  
Because having a good education  
Will be a useful tool.

Doing my best at school each day.  
Will prepare me for what life brings.  
So when I grow up  
I can be what I want.  
A doctor, a lawyer, or one who sings.  
A teacher, a preacher, or any good thing.

*Persephone LaPrince Brown*



SWNA Board members are sworn in.



Dr. Beryl Rice,  
YATF chairperson



Yvonne Price reports on C&D Task Force.



Carole Early gives election results.

## RIVERFEST COMING AGAIN TO SOUTHWEST JUNE 2 AND 3, 1990

by Margaret Feldman

"The spirit of Potomac Riverfest '90 reflects community achievement and the cultural diversity of Washington", according to the D.C. Dept. of Recreation. The event is being billed as the largest outdoor festival in the country and is expected to draw 850,000 people, more than the 650,000 total population of D.C.

Events will include Children's Land, entertainment, vendors, fishing derby, boat rides, demonstrations, arts and crafts demonstrations, mini carnival, See Explorers Sail Training Demonstration, golf tournament, a 10K run and substance abuse workshops.

Agencies and firms are being requested to contribute to this celebration conceived as a celebration of the ecological revitalization of the Potomac River.

But not all Southwesters are happy with the annual event. The large numbers of people funneling into the small area along the river causes massive traffic jams and the noise and trash of the event make many Southwest residents decide to leave for the weekend. This year, several of the restaurants along the waterfront have decided to close because Riverfest crowds out their business.

Councilman John Wilson has written to Mayor Barry in support of the Washington Waterfront Association asking him to cut Riverfest to one day only and to move it to August when the restaurants are not taking care of graduation and wedding parties.

Southwest Neighborhood Assembly, back in 1970 started its Arts Festival as a neighborhood activity. Local people were able to show their art work. Adults and children could try out their own artistic talents. School children entertained with dancing and singing while local talent was displayed.

This Arts Festival was taken over by the city, changed into a city-wide mass activity, and became Riverfest 7 years ago to celebrate the cleaning up of the river. Each year there has been less Southwest participation. The city has said that they have tried to accommodate the interests of Southwest by cutting the event to only one weekend, down from two, and making more police and clean up crews available. But still, the event is no longer an event for Southwesters by Southwesters which is nostalgically remembered by those who experienced the Arts Festival.

## SUMMER CITY THEATRE CAMP

The D.C. Youth Ensemble is now registering for its summer camp programs. Camp programs will begin **July 2** and end **August 10th, 1990**. Young people ages 5 through 17 can participate and District residents ages 14 through 21 may apply for summer jobs with D.C. Youth Ensemble.

The D.C. Youth Ensemble offers training and performing experiences for young people in various forms of dance, vocal music, and drama.

For more information call 393-3293.

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